



Monthly Report September 2010

The following is a summary of activity of the Prevention Director and the BAY Team members in the month of September, 2010.

Sep 02, 2010

The latest results from the National Evaluation of the Drug Free Communities Support Program found that coalitions funded by DFC grants have not only been successful at reducing drug and alcohol use in their communities, they have also increased the perception of risk for marijuana, alcohol and tobacco use among youth.

For example, the evaluation found that past 30-day use of alcohol, tobacco, and marijuana declined significantly and in all grade levels (middle school, high school) between DFC coalitions' first and most recent data report. In addition, the prevalence of 30-day use of alcohol, tobacco, and marijuana was lower for high school students in DFC-funded communities than among a nationally representative sample of high school students taking the Youth Risk Behavior Survey (YRBS).

Equally significant was the finding that the perception of risk increased significantly for alcohol, tobacco, and marijuana use among youth served by DFC coalitions. The positive change in perception of risk was particularly strong for alcohol use. Youth perception of parental disapproval increased significantly for alcohol, tobacco, and marijuana use.

Community:

The BAY Team, the Drug Enforcement Administration (DEA), and the Barrington Police Department held a prescription drug "Take-Back" initiative to prevent increased pill abuse and theft. The DEA collected potentially dangerous expired, unused and unwanted prescription drugs for destruction at sites nationwide on Saturday, Sept. 25th at the Police Station. The service was free and anonymous. Over two large containers were filled and taken away for incineration by the DEA.

This initiative addressed a public safety and public health issue. Many Americans are not aware that medicines that languish in home cabinets are highly susceptible to diversion, misuse and abuse. Rates of prescription drug abuse are increasing at alarming rates, as are the number of

accidental poisonings and overdoses due to these drugs. Studies show that a majority of abused prescription drugs are obtained from family and friends, including from the home medicine cabinet.

This was a first-ever Prescription Drug Take-Back campaign that provided a safe way for Barrington residents to dispose of their unwanted prescription drugs. The BAY Team has developed a Prescription Drug Subcommittee whose members are committed to preventing addiction caused by prescription drug abuse.

Family Dinner Day Awareness Activities

The BAY Team organized several events to raise awareness of the importance of Family Dinners as a prevention tool. The team had a promotional table at Shaws grocery to distribute free grocery totes and fortune cookies with various positive prevention messages. The BAY Team also organized a Pot Luck supper at the White Church and conducted a survey of school children at the Hampden Meadows school. In partnership with the YMCA, the BAY Team promoted a Family Dinner event at Leo's in Bristol.

The more often teenagers eat dinner with their families, the less likely they are to smoke, drink or use illegal drugs. That's the reason The National Center on Addiction and Substance Abuse (CASA) at Columbia University conceived *Family Day – A Day to Eat Dinner with Your Children*. Celebrated annually, this year of September 27th - *Family Day* is a national effort to promote parental engagement as a simple, effective way to reduce youth substance abuse and raise healthier children.

Making time in hectic schedules to sit down and talk with your children, whether it's over dinner or another meal is essential to raising healthy, substance free children.

Marijuana Subcommittee

The BAY Team subcommittee on Marijuana continues to educate community members about the need to prevent youth use of marijuana in the community. This year's proposed state legislation to decriminalize or legalize marijuana did not pass. The BAY Team was one of the few voices advocating against the passage of these laws.

Prevention Media:

The BAY Team is mentoring a BHS senior. Together, we are about to launch a Social Norms media campaign targeting the high school and middle school students. We are working with a local graphics firm to help create a slick and fun prevention campaign which will highlight the fact that most Barrington High School students do NOT drink. October 4th will be the launch date of this innovative and exciting prevention campaign.

Schools:

The BAY Team had a prevention awareness table at the Nayatt School's Fall Fair. The BAY Team has been reaching out to support parents with younger children through our Cottage Prevention Meetings and Monthly Parenting Tips.

The BAY Team did a presentation to the Booster Club and is working in partnership with them to help organize and support this year's Blue Out event for the October Homecoming game.

At the BHS Open House, the BAY Team representatives will survey all the parents in attendance on substance related views and attitudes. This data will help inform future prevention programs as required by our Drug Free Community federal funding.

Drug Free Community Grant:**New Youth Outreach Work**

The BAY Team is working with a BHS Graduate and Roger Williams Student to help organize more safe and substance free events for teens, especially during weekends and on high risk evening.

The BAY Team Director and Project Manager have been meeting individually with BAY Team members to review the past year and plan for upcoming projects. The support of the DFC grant has enabled us to strengthen the capacity and, thus, the achievements of the coalition.

BAY Team Subcommittees:

- a. **Parenting for Prevention** – a committee comprised of parents, including a PTO liaison to each school, which plans monthly parenting tips, hosts educational workshops, runs cottage prevention meetings, staffs informational booths at school and community events, and creates the annual Family Dinner Day campaign.
- b. **Marijuana** – a committee comprised of interested parties including treatment providers, youth advisors, and parents, which is in the process of developing a public service campaign to address the growing threat of youth marijuana use and advising on curriculum for the schools. This committee is also active at the state level educating politicians on the topic of marijuana decriminalization and legalization.
- c. **Prescription Drug Abuse** – a committee comprised of interested parties including treatment providers and parents which has provided lock boxes to the community and is working to bring a prescription drug take back event to Barrington.

- d. **Policy** – a committee comprised of parents, law enforcement officials, treatment providers and others, which is currently working to mandate education to youth offenders and their families through a local ordinance. This committee is also focused on the lack of state policy for a minors-in- possession law, expansion of the current social host legislation, and considering the impact of an increase in liquor store outlet density.
- e. **Social Norms** – a youth-driven committee that also includes adults with marketing expertise, which is launching a campaign, based on 2009 youth survey data to change the perception that all youth in Barrington use alcohol. This is a positive campaign to highlight all of the good choices being made by Barrington youth.
- f. **Sustainability** – a committee comprised of BAY Team members with marketing and fundraising expertise, which is creating a membership brochure and developing a sustainability plan.
- g. **BAYouth** – youth who belong to the local Students Against Destructive Decisions (SADD) at BHS, CHOICES at BMS as well as representatives from the private and parochial schools who create substance-free activities for Barrington youths throughout the year. This year’s activities will include Red Ribbon Week in October, the Barrington Blue Out at BHS homecoming, Dodgeball tournaments, MADD’s statewide Mocktail competition and Candlelight vigil event, and Kick Butts Day.
- h. **Print Media** – a committee comprised of parents, school representatives, and marketing experts which develops yearly publications such as the Together We’re Stronger newspaper insert done in conjunction with the substance abuse coalitions in Warren and Bristol.

